OBAMA: IRAQ PULLOUT IS ON SCHEDULE 'AS PROMISED' 3

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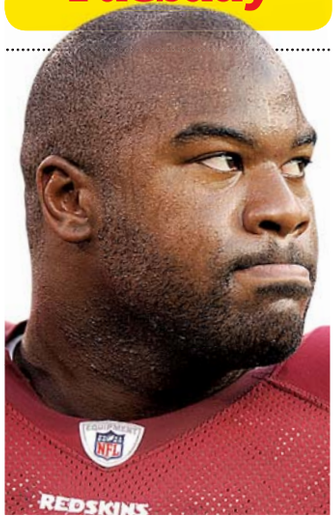
Tuesday



ALBERT WHO?

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JOHN MOORE/AFP/GETTY IMAGES

Two climbers go old-school up Mt. Everest | 15

eo

EYE OPENERS

IT Department Fired

Indonesian lawmakers and journalists got a shock when online porn blazed across dozens of computer monitors outside the press room at Parliament Monday. The touch-screen monitors are used by visitors to check the Parliament agenda and other political activities. The unwanted interruption was probably caused by someone trying to access a porn site on the computer system. **(AP)**

"We were not allowed to see each other's costumes before the big day, but when I did see Neil, he looked fantastic as Batman."

— **SHARON VAUGHAN,** WHO WED WEARING FULL WONDER WOMAN REGALIA IN ENGLAND THIS WEEKEND. GUESTS ALSO DRESSED AS SUPERHEROES.

Horse Not Included

To spur blood donations, an Ohio Red Cross chapter is offering people who give a pint of blood the chance to win either a car or a custom-made horse-drawn buggy. A spokeswoman says the Red Cross didn't want to leave its many Amish donors out of the giveaway. Blood donors who prefer a more modern mode of transportation can win a 2010 Nissan Versa. The contest ends Sept. 6. **(AP)**

The Big Picture

GEOFF CADDICK/AFP/GETTY IMAGES

A HEDGE MAZE opened Monday in London's Trafalgar Square, at the foot of Nelson's Column, as part of a project to attract visitors. The labyrinth, made of laurel and thuja, is open through Friday and will host a variety of cultural activities meant to promote the city's West End. **(AP)**

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Nation

In Brief

BOB WANDS/AP

Mitch Miller, who produced hits for Tony Bennett and Patti Page, died Saturday.

NEW YORK

'Sing Along' Conductor Miller Dies at Age 99

Mitch Miller — the goateed orchestra leader who asked Americans to "Sing Along With Mitch" on TV and records, and produced hits for Tony Bennett, Patti Page and other performers — has died at age 99. His daughter, Margaret Miller Reuther, said Monday that Miller died Saturday after a short illness. **(AP)**

ATLANTA

UGa. Is Top Party School

The University of Georgia won a national title this year — top party school. The Princeton Review announced Monday that Georgia is the No. 1 party school on its now infamous annual ranking. The school of about 30,000 students has been on the list 10 times since the ranking was created in 1992, but this is the first time the university has taken the top spot. **(AP)**

"Our commitment in Iraq is changing — from a military effort led by our troops to a civilian effort led by our diplomats."

— **PRESIDENT OBAMA,** WHO WARNED DURING HIS SPEECH MONDAY IN ATLANTA THAT THE TRANSITION WILL NOT MEAN AN END TO U.S. SACRIFICE IN IRAQ.

CHARLES DHARAPAK/AP

President Obama assured the Disabled American Veterans on Monday that the U.S. will end its combat role in the Iraq war seven years after the divisive conflict began.

Obama Touts Milestone in Iraq

President depicts U.S. exit as fulfilling his campaign pledge

Atlanta

Nearing a milestone in the long and divisive Iraq war, President Obama on Monday hailed this month's planned withdrawal of all U.S. combat troops — "as promised and on schedule" — as a major success despite deep doubts about the Iraqis' ability to police and govern their country.

Portraying the end of America's combat role in the seven-year war as a promise kept, Obama said Iraq will have 90,000 fewer U.S. troops by September than when he took office — a steady homeward flow he called "a season of homecomings." But there could still be more fighting involving U.S. forces.

A transitional force of 50,000 troops will remain, down from the peak of 160,000 in 2007. Their mission will be to train and advise Iraqi security forces, protect U.S. civilians, manage the chain of supplies and equipment out of Iraq, and conduct counterterrorism operations. Those soldiers and Marines will remain in harm's way and will be likely to engage at times in some fighting.

Obama's speech to the Disabled American Veterans Monday was the first of many, with appearances planned throughout the month by the president, Vice President Joe Biden and other officials. The schedule reflects a White House eager, with pivotal congressional elections approaching, for achievements to tout, especially in areas with the emotional significance of the Iraq war. **(AP)**

Meanwhile ...

Bombings and drive-by shootings killed 12 people Monday, a reminder of Iraq's ongoing instability as President Obama cited progress amid the looming end of U.S. military operations in the country. The latest violence and government figures showing that July was the deadliest month for Iraqis in more than two years revived persistent questions about the readiness of Iraqi security forces to take over as the U.S. military draws down its forces. **(AP)**

Summer Allergies?

Summer is here.

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Nation

Dems' Latest Headache

House panel charges Rep. Waters with violating ethics rules

Washington

A House panel announced Monday that Rep. Maxine Waters has been charged with violating ethics rules, setting the stage for a second election-season trial for a longtime Democratic lawmaker and adding to the party's political woes.

The charges against Waters, a 10-term California congresswoman, focus on whether she broke the rules in requesting federal help for a bank where her husband was a board member and owned stock. She denied the charges.

The House ethics committee's announcement comes just days after it outlined 13 charges against Rep. Charles Rangel, D-N.Y., including failing to disclose assets and income, delayed payment of federal taxes and improper use of a subsidized New York apartment for his campaign office.

Rangel, the former Ways and Means Committee chairman who has served for 40 years, faces a trial in the fall.

Democrats face certain losses in the congressional elections, the first midterms for President Obama, and the high-profile trials could further damage the party's political standing.

In a statement, Waters said, "I have not violated any House rules. Therefore, I simply will not be forced to admit to something I did not do and instead have chosen to respond to charges made by the House Committee on Standards of Official Conduct in a public hearing." LARRY MARGASAK (AP)

CHARLES DHARAPAK/AP

Rep. Maxine Waters, D-Calif., immediately denied charges the ethics panel brought.

Who Is Waters?

Maxine Waters has been a member of the House of Representatives since 1991, representing California's 35th congressional district, and is the most senior of the 12 black women currently serving in Congress. She's also a senior member of the House Financial Services Committee, which handled the recent rewrite of legislation that regulates financial institutions and has strong protections for consumers. (EXPRESS)

Study: Low-Carb Trumps Low-Fat

New York

Over the long term, a low-carb diet works just as well as a low-fat diet at taking off the pounds — and it might be better for your heart, new research suggests.

Both diets improved cholesterol in a two-year study that included intensive group counseling. But those on the low-carbohydrate diet got a bigger boost in their so-called good cholesterol, nearly twice as much as those on low-fat.

In previous studies, low-carb diets have done better at weight loss at six months, but longer-term results have been mixed. And there's been a suggestion of better cholesterol from low-carb eating.

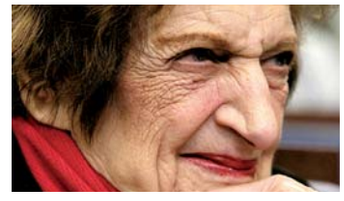
The latest test is one of the longest to compare the approaches. At the end of two years, average weight loss was the same for both — about 15 pounds or 7 percent.

The key difference was in HDL, or good cholesterol: a 23 percent increase from low-carb dieting compared to a 12 percent improvement from low-fat, said Gary Foster, director of Temple University's Center for Obesity Research and Education, who led the federally funded study.

He added the low-carb boost is the kind one might get from medicines that improve HDL.

"For a diet, that's pretty impressive," Foster said. (AP)

Hearsay



"Too bad. What do I think of it? I think that I have no say, no power over that anymore."

— **HELEN THOMAS,** WHEN ASKED BY MEDIAITE.COM ABOUT THE DECISION BY THE BOARD OF THE WHITE HOUSE CORRESPONDENTS' ASSOCIATION TO MOVE FOX NEWS TO THE AP'S OLD SEAT.

Israel Joins U.N. in Probe of Raid

Jerusalem breaks from long distrust to aid investigation

Jerusalem

Israel announced Monday it will take part in a U.N. investigation into the deadly Israeli raid on a Gaza-bound flotilla last spring, in a departure from its traditional mistrust of the world body.

The move allowed U.N. head Ban Ki-moon to formally announce the creation of an investigation panel into the incident in which nine Turkish activists, including one with U.S. citizenship, died after being shot by Israeli commandos boarding their ship.

"I sincerely hope that this will contribute to the peace process as well as improvement of relationship between Israel and Turkey," Ban said. The four-member panel will be chaired by former New Zealand prime minister Geoffrey Palmer and co-chaired by outgoing Colombian President Alvaro Uribe, and will include a Turkish and an Israeli representative.

"Israel has nothing to hide. The opposite is true. It is in Israel's national interest to ensure that the factual truth about the entire flotilla incident will be brought to light and the entire world, and that is precisely the principle we are promoting," Prime Minister Benjamin Netanyahu said.

Government spokesman Mark Regev would not say what, if any, assurances Israel had received from the U.N. chief.

The deal was reached after what Ban described as two months of "intensive consultation with the leaders of Israel and Turkey," including Israeli Defense Minister Ehud Barak, and last-minute talks over the weekend. He thanked both leaders "for their spirit of compromise and forward-looking attitude."

AMY TEIBEL (AP)

Strained Relations

The flotilla had been trying to breach Israel's three-year blockade of the Gaza Strip. Both sides have said they were acting in self-defense during the confrontation, which has strained relations between Turkey and Israel. Israel imposed its blockade after Hamas militants seized power there three years ago. (AP)

BlackBerry Use For Travelers in U.A.E. Blocked

Dubai, U.A.E.

The United Arab Emirates' looming crackdown on BlackBerry services will extend to foreign visitors using roaming, putting the government's concerns over the smart phones in direct conflict with the country's ambitions to be a business and tourism haven.

The Emirates' telecoms regulator said Monday that travelers to Dubai and the important oil industry center of Abu Dhabi will have to do without BlackBerry e-mail, messaging and Web services starting Oct. 11. The handsets themselves will still be allowed for phone calls.

ADAM SCHRECK (AP)

All in a Day's Work in Afghanistan

BRENNAN LINSLEY/AP

DURING A RESCUE MISSION by a U.S. Air Force Expeditionary Rescue Squadron team, Army medics carry a wounded soldier to an evacuation helicopter in Kandahar province in southern Afghanistan on Monday. U.S. Air Force Pararescuemen and aircrews work together to evacuate wounded combatants and civilians from battlefields in southern Afghanistan.

In Brief

MIKHAIL METZEL/AP

A car stands in the village of Shuberskoe, which was destroyed by a wildfire.

MOSCOW

Wildfire Death Toll Rises

The death toll from wildfires raging across central and western Russia rose to 40 on Monday. Although temperatures in the area dipped modestly over the weekend, experts predict they'll climb back to about 100 F this week. (AP)

BUCHAREST, ROMANIA

Holocaust Museum Asks Romania to Scrap Coin

Romania's central bank has issued a special coin commemorating a prime minister and religious leader who stripped Jews of their citizenship before World War II. Radu Ioanid, who runs the U.S. Holocaust Memorial Museum's international archives, said he was "shocked" by the bank's decision to depict Miron Cristea. (AP)

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The estimated worth of a first edition of Shakespeare's First Folio that an unemployed British book dealer was sentenced to eight years in prison for stealing. (AP)

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ANJUM NAVEED/AP

Vehicles are stuck in traffic caused by a demonstration flood-affected people held.

Pakistan Survivors Try to Gain Footing

Lack of government response to flooding leads many to protest

Camp Koroona, Pakistan

Relief efforts in Pakistan's flood-ravaged northwest picked up pace Monday, but survivors complained about government inaction — a worrying sign for authorities seeking public support for the fight against militants in the region.

About 300 people blocked a major road in the hard-hit Nowshera district to protest receiving little or no aid, witnesses said. Others returned to devastated villages, wading through waist-high water to salvage possessions.

"We have nothing; we are just depending on the mercy of God. Nothing left except this wet wheat," said Marjan Khan, sorting through piles of the grain.

Scores of bridges, roads and buildings have been washed away by the torrents, which were triggered by heavy monsoon rain. The floods are the worst in a generation, and weather forecasters say more rains are due in south and central Pakistan. CHRIS BRUMMITT (AP)

Swat Valley Hit Hard

The death toll was at least 1,200 on Monday, with up to 2 million survivors requiring assistance. The Swat Valley, which has yet to recover from a major Pakistani army offensive against the insurgents just over a year ago, is one of the areas worst affected by the floods. Large parts of the upper valley, reached by a riverside road, are inaccessible. (AP)

GO BANANAS

Researchers have observed small monkeys called Japanese macaques going bananas at the sight of a flying squirrel. The riled-up response is probably just a false alarm, with the monkeys probably mistaking the squirrel for a predatory bird. One theory is that the male macaques – some of whom chase and attack the harmless rodents – might be trying to impress females. (CHRISTIAN SCIENCE MONITOR)

The federal government says it's safe to eat seafood from the Gulf, but the area's fishermen are skeptical

AP

Rusty Graybill, a shrimp, crab and oyster fisherman in Louisiana, says he has serious doubts about whether sniff testing ensures the Gulf's seafood is safe to eat.

A Whiff of Doubt

Venice, La.

Seafood from some parts of the oil-fouled Gulf of Mexico has been declared safe to eat by the government, based in part on human smell tests. But even some Gulf fishermen are questioning whether the fish and shrimp are OK to feed to their own families.

Some are turning up their noses at the smell tests — in which inspectors sniff seafood for chemical odors — and are demanding more thorough testing to reassure the buying public about the effects of the oil and the dispersants used to fight the slick.

"If I put fish in a barrel of water and poured oil and Dove detergent over that, and mixed it up, would you eat that fish?" asked Rusty Graybill, an oysterman and shrimp and crab fisherman from Louisiana's St. Bernard Parish. "I wouldn't feed it to you or my family. I'm afraid someone's going to get sick."

CHRIS GRAYTHEN/GETTY IMAGES

"I trust their recommendations, and I would eat their food — the seafood out of the Gulf — and I would feed it to my family."

— **DOUG SETTLES,** BP'S CHIEF OPERATING OFFICER

Now that a temporary cap has kept oil from spewing out of BP's blown-out well for more than two weeks, state-controlled fishing areas in Louisiana, Florida and Mississippi have slowly begun to reopen.

Despite splotches of chocolate-colored crude that wash up almost daily on protective boom and in marshes east of the Mississippi River, Louisiana has reopened those waters to fishing for such finfish varieties as redfish, mullet and speckled trout, and will allow shrimping when the season begins in two weeks. Oysters and blue crabs, which retain contaminants longer, are still off-limits.

Smell tests on dozens of specimens from the area revealed barely detectable traces of toxic substances, the Food and Drug Administration said. The state of Louisiana has also been testing fish tissue for oil since May and has not found it in amounts considered unsafe.

Experts say smell tests may sound silly but are a proven technique that saves time and money. Moreover, they are the only way to check fish for chemical dispersants, though FDA spokeswoman Meghan Scott said government scientists are developing a tissue test. It is not clear when it will be ready.

Ralph Portier, an aquatic toxicologist at Louisiana State University, said that all the data and testing he has reviewed so far show that seafood caught in the recently reopened areas of the Gulf is safe, and he would feel comfortable eating it.

"The major theme here should be that we have no indication that there's a problem. We have not seen dispersant or the telltale signs of oil in finfish and shrimp," he said.

But his colleague Kevin Kleinow, a professor of aquatic toxicology, said he is laying off Gulf seafood until the government releases more specifics about the testing it conducted, including exactly what species are being monitored and what levels of toxic substances are being found.

He said he is also concerned that a smell test won't sniff out dispersants. "Some of them — we've done work on a number of surfactants that are used in dispersants — have very little odor," he said. **GREG BLUESTEIN, JASON DEAREN (AP)**

What Are the Risks?

Oil has compounds that have been linked to cancer, but experts say they break down in the body and are excreted, so there's little chance of getting cancer from tainted seafood. And unlike mercury, which accumulates in some fish, the most common cancer-causing compounds in oil are quickly metabolized and eliminated in the bodies of finfish and some crustaceans. As for the dispersants, the Environmental Protection Agency said the ones used in the Gulf have low toxicity in humans, meaning the public health risk is low. (AP)

Local

Gray Singled Out for Fence Flap?

Mayoral candidate is only person since '07 fined for height breach

Washington

During Mayor Adrian M. Fenty's tenure, the District's Department of Transportation has gone after only one resident for violating the city's height limit on fences: D.C. Council Chairman Vincent C. Gray.

"We didn't find any others," said the department's Freedom of Information Act officer, Diana G. Jordan, in response to a request from The Washington Post to review citations.

MARVIN JOSEPH/TWP

In April, DDOT issued a series of citations totaling $2,400 because Vincent Gray had not completed an application for a fence he put up at his home two years ago.

Gray, who is challenging the mayor in the Sept. 14 Democratic primary, said the findings back up his assertion that he was singled out by the city's bureaucracy during a seven-month saga involving the black aluminum fence that surrounded his Hillcrest home and has since been partially dismantled.

"It corroborates what I suspected and says to me it's political harassment," Gray said.

The fate of the fence emerged as a campaign issue with Fenty and his supporters saying that Gray should have known that permits were required. Attorney General Peter Nickles said Monday that "the fact that there haven't been other fines is an indication of how egregious it was and how slow they were to file — not that there was politics involved." **ANN E. MARIMOW (THE WASHINGTON POST)**

Meanwhile ...

The Office of Campaign Finance has cleared D.C. Council member Marion Barry, D-Ward 8, of violating city laws in giving his then-girlfriend Donna Watts-Brighthaupt a $5,000-a-month contract in 2009. Cecily E. Collier-Montgomery, director of the campaign finance office, wrote in an order that he failed to follow the city's regulations for employee conduct, but he did not violate the law. **(TWP)**

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Local

Va. AG: Police Can Ask Status Of Immigration

Richmond, Va.

State Attorney General Ken Cuccinelli says Virginia police investigating criminal cases can ask people they stop or arrest about their immigration status.

But the Republican cautioned police that their inquiries are permissible only as long as they don't substantially lengthen the duration of a stop or investigation.

Cuccinelli's opinion says law-enforcement officers have the same right as police in Arizona do to ask about immigration status, but only in criminal cases. **(AP)**

Health Care Suit Clears Hurdle

Richmond, Va.

Virginia's lawsuit challenging the Obama administration's health care reform law has cleared its first legal hurdle.

U.S. District Judge Henry Hudson on Monday denied the Justice Department's motion to dismiss the lawsuit.

Virginia Attorney General Ken Cuccinelli claims that Congress exceeded its authority by requiring citizens to buy health insurance or pay a penalty.

The Virginia General Assembly passed legislation this year exempting state residents from the coverage mandate. **(AP)**

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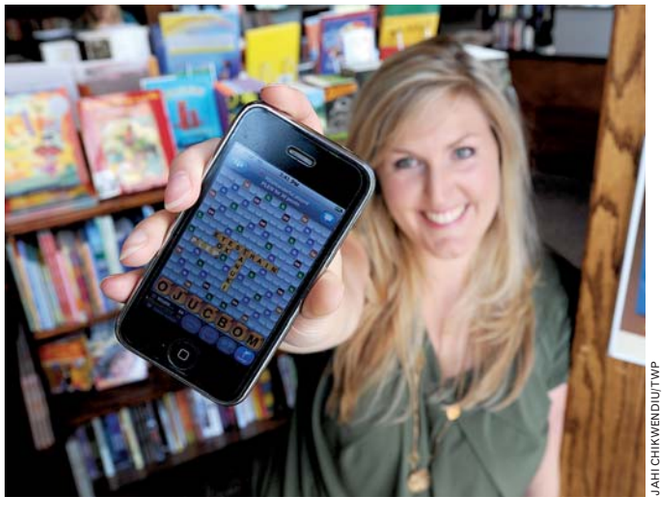

JAHI CHIKWENDIU/TWP

ANGELA SHIELDS PLAYS A GAME called "Words With Friends" on her iPhone at Busboys and Poets in D.C. on July 30. She also uses the app as a way to catch up with friends. Experts say that gaming could soon be more profitable for websites than even advertising. | **washingtonpost.com/local**

The Lotteries

Monday, Aug. 2

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Mid-day DC 4	2-2-0-6
Evening DC 4 (Sun.)	8-0-0-7
Mid-day D.C. Five	4-9-9-2-1
Evening D.C. Five (Sun.)	5-9-1-0-9
Daily 6 (Sun.)	1-13-21-26-38-39 (24)

Maryland

Mid-day Pick 3	7-0-7
Evening Pick 3 (Sun.)	2-9-9
Mid-day Pick 4	2-2-9-2
Evening Pick 4 (Sun.)	8-0-6-0
Match 5 (Sun.)	1-3-9-25-35 (17)

Virginia

Mid-day Pick 3	1-8-9
Evening Pick 3 (Sun.)	7-0-2
Mid-day Pick 4	1-0-4-4
Evening Pick 4 (Sun.)	5-7-2-3
Mid-day Cash 5 (Sun.)	11-13-17-25-29
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Sports

Swengali

Culture Shock At Redskins Park

Don't mess with Mike Shanahan.

Perhaps this message comes a little late for Albert Haynesworth, who has yet to practice under the new coach's regime.

Instead, the $100 million spectator challenged his new boss. Now he's the example Shanahan was probably looking for when he signed in January.

By Matt Swenson

If there has been one root cause of the Redskins' lack of success this century, it's been a lack of a discipline.

Even Joe Gibbs ran a pretty loose ship — trusting his on-field leaders to rein in the malcontents. The tactic worked wonders in the '80s, but not quite so well in his second run.

If there has been one root cause of the Redskins' lack of success ... it's been a lack of discipline.

That being said, everyone knew Gibbs was in charge, whereas Jim Zorn was just a nice guy blowing a whistle.

In less than a week of his first training camp, Shanahan is leaving an imprint. The culture change is so obvious it's remarkable.

Top draft picks and superstars alike are battling for spots on the final 53-man roster. At least a few big names won't be around come September.

Haynesworth's attitude has given Shanahan the excuse to show he's not messing around. Just look back to Friday, when it took Haynesworth 71 seconds to finish the first part of his conditioning test. That was one second too long. He finally tried again Monday, but the third time wasn't the charm.

There's no more Mr. Nice Guy at Redskins Park.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Who Needs Him?

Haynesworth isn't missed by Redskins taking part in practice

The Redskins

Albert Haynesworth just stands there, wearing his baseball cap and watching his teammates play. And the guys wearing the helmets? They're becoming used to playing without him.

One reason the Washington Redskins can let their most infamous malcontent twist in the wind day after day is that they can put together a decent starting defensive line without him. While Mike Shanahan opened the door just a sliver Monday that he might one day let Haynesworth practice without passing the team's conditioning test, the coach can also point to Ma'ake Kemoeatu, Adam Carriker and Kedric Golston, and feel confident in what he sees.

117

The number of combined NFL starts made by Ma'ake Kemoeatu, Adam Carriker and Kedric Golston, the Redskins' front line on defense.

"Very confident," Shanahan said. "That's what you do. You practice with the guys that are in football shape — and are doing what they can to help your football team."

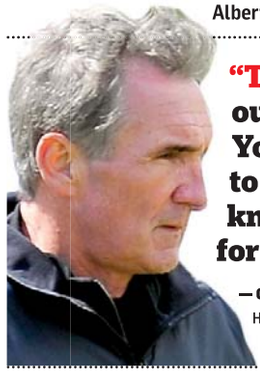
The trio have already logged hundreds of training camp snaps together as the front line of the team's new 3-4 defense, the scheme a certain two-time All-Pro defensive tackle tried so hard to avoid.

When or if he ever does practice, there won't exactly be a loud chorus of "Make room for Haynesworth.""We've got three good players. We've got three guys who work hard," Carriker said. "We're building a chemistry."

Haynesworth will initially work with the reserves when he does start practicing, Shanahan has decreed. Players say Haynesworth also has plenty of ground to make up on the team's camaraderie depth chart for boycotting the offseason workouts.

JOHN MCDONNELL/TWP

Albert Haynesworth listens to Phillip Daniels during Monday's practice at Redskins Park.



"That's one of the reasons he's not out there practicing with the team. You've got to be in certain shape to go through a practice, and that knee, after three sprints back and forth, couldn't go any further."

— **COACH MIKE SHANAHAN,** DEFENDING SITTING OUT ALBERT HAYNESWORTH FROM PRACTICE UNTIL THE FORMER PRO BOWLER CAN PASS HIS CONDITIONING TEST.

The Replacements

Kedric Golston was a backup with the Redskins last year, playing defensive tackle in last year's 4-3 defense.

Adam Carriker sat out last season with the St. Louis Rams after tearing a muscle in his right shoulder.

Ma'ake Kemoeatu missed all of 2009 with the Carolina Panthers after tearing his right Achilles' tendon.

"He's been gone all year," fullback Mike Sellers said. "He hasn't been missed. Once he gets in shape, I guess, and gets back on the field, that's a plus always, but we've gone so long without him. It's kind of hard to miss him."

Because Haynesworth stayed away during the offseason — while wishing for a trade that never came — the team is requiring him to pass the conditioning test before he can practice. He has failed three times, including Monday, when soreness in his left knee forced him to pull up early. Should the saga go on and on without resolution, Shanahan said he might eventually allow Haynesworth to practice without passing the test. "Possibly," Shanahan said. "You'll just have to stick around." (AP)

Meanwhile ...

The Washington Redskins acquired quarterback John Beck from the Baltimore Ravens for cornerback Doug Dutch Monday. The Redskins also released quarterback Colt Brennan, the former Hawaii star. Beck was a backup with the Ravens last year and previously played two seasons with Miami. He was a second-round pick by the Dolphins from BYU in 2007. His only NFL action came as a rookie, when he started four games. (AP)

Sports

GAIL BURTON/AP

Buck Showalter, right, speaks Monday after becoming the Orioles' new manager.

Showalter: O's Fans Can Buck Up

New skipper pledges to turn around the moribund franchise

Baseball

Buck Showalter is pledging to restore the luster to the Baltimore Orioles, a legacy franchise that has fallen on hard times.

"All competitive people like the idea sometimes that people say it can't be done. ... I love the town, the tradition, the people, the feeling," said the 54-year-old Showalter, introduced Monday as the Orioles' new manager. "It's a challenge; it's our challenge."

Showalter built contenders with the New York Yankees, Arizona Diamondbacks and Texas Rangers, but the 32-73 Orioles — the majors' worst team — will be a test for his renowned preparation, attention to detail and ability to work with young players.

"We have currently, in our franchise, a young core of players that are struggling, taking a step backwards. They haven't been exposed to a winning-type environment," Orioles president of baseball operations Andy MacPhail said. "We ... have been trying to find somebody who has had some experience in creating that winning environment."

12

The number of consecutive seasons that the Orioles have had a losing record. Currently 32-73, the team is on its way to No. 13.

Hired last week, Showalter's first game will be Tuesday night at Camden Yards against the Los Angeles Angels.

Showalter inherits a lineup without a slugger, a rotation without a winning anchor, and an owner with deep pockets who hasn't always given his front office free reign to do its jobs.

"I'm not naive," Showalter said. **(AP)**

TV Lineup

NATIONALS (9:40 P.M., MASN2) The Nats play the middle game of their series against the Arizona Diamondbacks.

BASEBALL (1 P.M., WGN) The first-place Chicago White Sox visit the Detroit Tigers in an AL Central matchup.

MYSTICS (7:30 P.M., ESPN2) The Mystics shoot for first place when visiting the Atlanta Dream.

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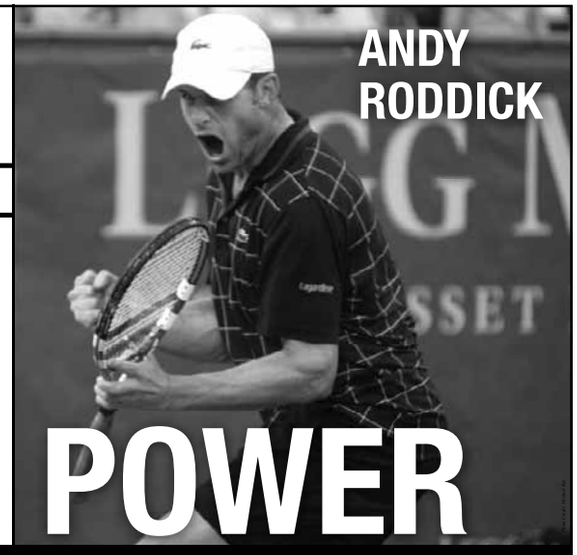

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CONTACT
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For more information, please contact

Michelle Mendoza, MD, CCRC at 202-877-6181.

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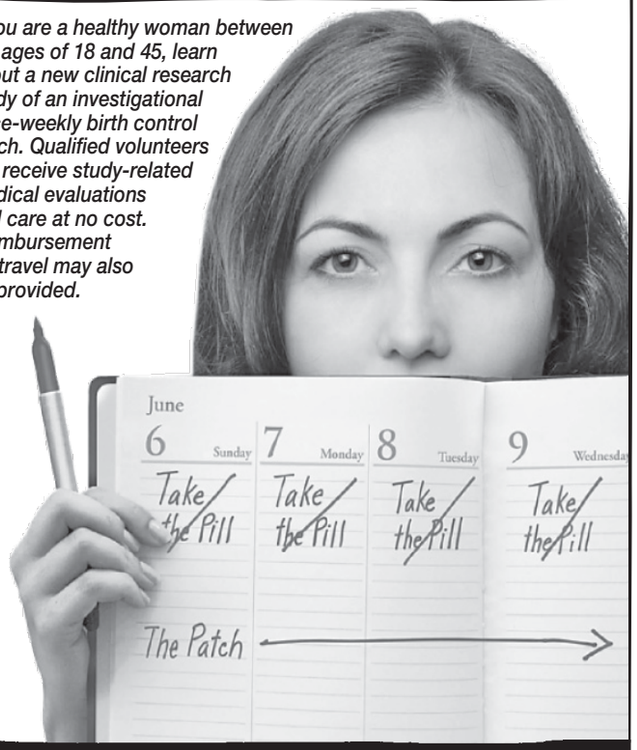

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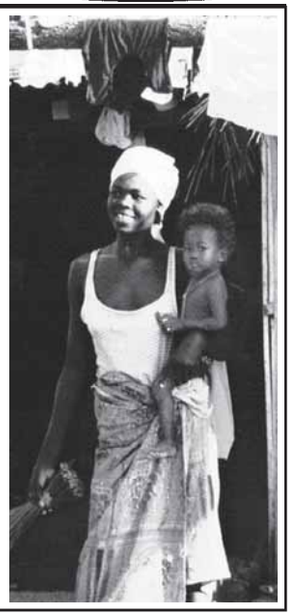

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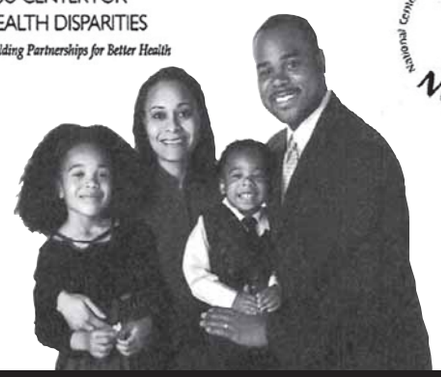

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Sports

The Dream Is Still Alive for the Mystics

Squad begins vital road trip with a shot at earning first place

The Mystics

When the season is over, the Washington Mystics might look back on this week as the most important of the season.

Starting Tuesday against the first-place Atlanta Dream (18-9), this week the third-place Mystics face three Eastern Conference teams, all fighting among six teams in the East for four playoff spots with only nine regular season games remaining. And instead of playing these games at home, where they are 9-4, the Mystics will be on the road, where they are just 6-6.

"I think it's going to give us an opportunity to show what we're made of," said forward Marissa Coleman. "I think it's something we've been waiting for."

After the trip, the Mystics return on Aug. 10 for the first of their four remaining home games.

RICHARD A. LIPSKI/TWP

Monique Currie, left, was a star at Bullis High School before her Mystics days.

Part of the Mystics' success at Verizon Center comes from the fact that for Coleman and Monique Currie, playing at home literally means playing at home. Coleman attended St. Johns College High School in D.C. and went to the University of Maryland. Currie is from the District and attended Bullis School in Potomac, Md.

"It's always fun to play in front of my family and friends," said Currie. "And I've enjoyed that for the past four years." JOE BUBAR

In Brief

CYCLING

Attorney: Riders Offered Deals in Armstrong Probe

Lance Armstrong's attorneys say the U.S. Anti-Doping Agency is offering cyclists a "sweetheart deal" if they testify or provide evidence that the seven-time Tour de France winner cheated by doping. If those riders have been caught doping, the deal from USADA could result in a reduced ban from competition and other incentives, attorney Tim Herman told The Associated Press on Monday. (AP)

AP

Lance Armstrong is being probed on suspicion of doping to win the Tour de France.

BASKETBALL

Vuvuzelas Out at Worlds

Vuvuzelas will be silenced at the world basketball championships. Basketball's governing body said Monday the horns that provided the earsplitting buzz at World Cup soccer games will be banned from its tournament. The organizers said vuvuzelas used indoors could damage hearing and make it difficult to communicate on the court. (AP)

fit

Guinea Pig | Instant Success

It's pretty, um, bowled to declare your instant breakfast packets an Oat Revolution ($1.25, supermarkets). But perhaps the Quaker Oats guy doesn't believe in fighting back. The flax-packed product is a tasty twist on the familiar food, just with omega-3's added and a slim packet that doubles as a measuring cup, ensuring proper consistency every morning. It's available in nine flavors.

Body Talk

COURTESY JPMORGAN CHASE CC

Team Efforts

Not to knock the post-work happy hour, but hanging out with colleagues only around booze — or slices of cake, when someone's shipping off — won't help one's waistline. So, instead, in San Francisco on Wednesday night, more than 6,500 folks will be leaving the office to bond over a 3.5-mile run. It's the final race of the 2010 JPMorgan Chase Corporate Challenge Series (Jpmorganchasecc.com), 12 events in six cities on five continents that welcomed 235,323 runners.

By Vicky Hallett

What's more impressive than the participation figures — Frankfurt, Germany's run had 72,741 participants, making it the largest road race in the world this year — is the message it sends to companies about the importance of encouraging exercise among employees. "It improves morale and gets them thinking about healthier choices," says Alan Tieuli, the series' spokesman.

So, why don't we have a Corporate Challenge race in D.C.? "We've talked about it," Tieuli promises. But the complicated logistics involved in finding a suitable location downtown on a weeknight have stymied attempts to make it happen. So, I guess my coworkers will just have to keep sipping instead of sprinting. Sigh.

@ To reach Vicky Hallett, e-mail vicky.hallett@readexpress.com

COURTESY OF NATIONAL GEOGRAPHIC ENTERTAINMENT

Conrad Anker and partner Leo Houlding traced George Mallory's steps up the 29,029-foot mountain. To get into his head, they even wore period costumes, below, at times.

A Peak Performance

A Mt. Everest documentary takes viewers back to the past — and up to the top

Adventure

Climbing Mount Everest is challenging today, but in 1924 it was impossible. And that's exactly why British explorer George Mallory wanted to reach the summit of the world's highest peak.

It didn't go so well for Mallory — which may be why you're more familiar with the name Sir Edmund Hillary, who famously conquered the climb in 1953. Mallory's story got an unexpected epilogue in 1999, however, when Conrad Anker, a top American mountaineer, finally discovered his frozen body in a spot that indicated he died on a descent from the summit.

Even if Mallory was the first one up there, it doesn't really matter in terms of bragging rights. "It's like flying a plane. You have to take off and land to be successful," Anker says. But the theory Mallory actually made it challenges the notion that his goal was entirely unachievable back then. In 2007, Anker set out to replicate Mallory's mission, which became the basis of the new National Geographic documentary "The Wildest Dream: Conquest of Everest" (opening this Friday at the Natural History Museum).

Back when Mallory was around, adventurers had it pretty rough. "So, in those days, every technological advantage, they wanted it," says Anker, who instead went as low-tech as possible to achieve a similar high.

Rather than relying on the ladder most people use for the hardest part of the route — the 90-foot-tall, sheer Second Step — he decided to "free climb" as Mallory would have had to. Although the feat had never been documented before, Anker managed to pull it off, despite a scary moment when he lost his footing. "That was an actual fall, not a made-for-TV fall," he promises.

He and his partner, Leo Houlding, also donned gabardine pants and hobnailed boots, which were designed to be identical to what Mallory was wearing when he died. That part of the reenactment didn't last long, however, once they realized sweat in their footwear was freezing up.

To prepare, Anker built his endurance by climbing near his Montana home with weighted vests. He upped his flexibility with yoga (his "insurance policy"). But he didn't have to exercise caution when it came to his diet, because the 47-year-old knew he needed to gain weight to have reserves for the mountain's "dead zone." That meant steak, candy bars and plenty of beer.

Such an expedition requires an incredible amount of physical and psychological exertion, which is what makes it appealing to Anker. "Our society is about instant gratification. But the good things take effort," he says. So, although Anker knows not everyone should — or could — climb Everest, he hopes the movie motivates the audience to keep dreaming, achieving and, of course, exploring. VICKY HALLETT (EXPRESS)

Meet the Mountaineer

- Starting this Friday at 7:45 p.m., "The Wildest Dream: Conquest of Everest" will show at the Samuel C. Johnson Imax Theater ($15; 10th Street and Constitution Avenue NW; Si.edu/imax).
- Conrad Anker will be speaking at the Bailey's Crossroads REI this Saturday at 2 p.m. (3509 Carlin Springs Road; 703-379-9400; Rei.com). The event is wait-listed.
- His favorite climbing spots in the D.C. area? When he's looking for an indoor route, he heads to Sportrock in Alexandria (5308 Eisenhower Ave.; 703-212-7625; Sportrock.com). And he digs Seneca Rocks and Carderock for outdoor exploration.

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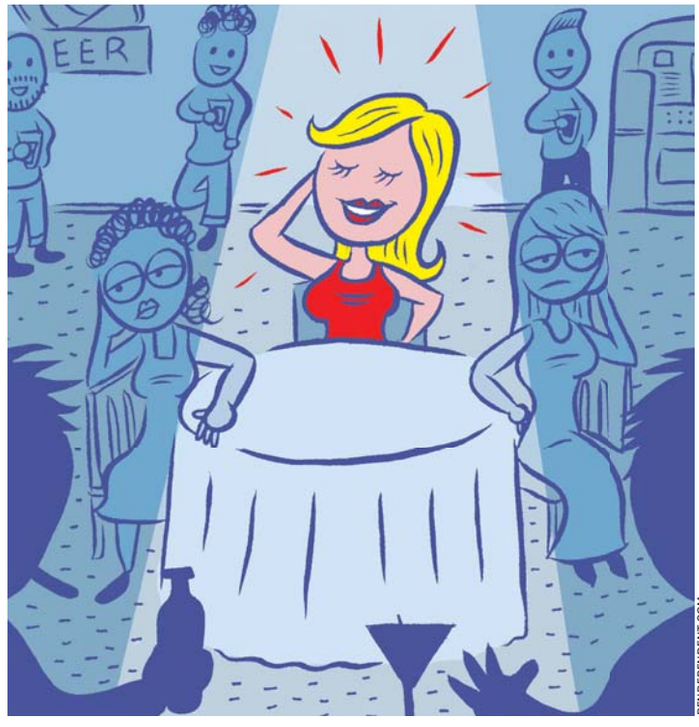

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Take the Focus off the Star

Q My friends are wonderful, awesome women. But when we're out at a bar or club, it's me who gets hit on. I'm no supermodel, but I take care of myself and am confident in ways some of my friends are not. Lately, it's become sort of a thing for them to talk about how the guys will always go to me, how lucky I am, etc. It's getting old and seems to cast a negative shadow on our evenings together. **AWKWARD**

It's hard to tell whether this is a case of good-natured ribbing growing tired, or if your friends are trying to tell you something. If it's the former, it's still a rather tough situation. ("Please, girls — it's really tough for me to hear how much hotter I am than you!" is not exactly the stuff of sympathy-building.) But you can try to discourage them from harping on it by not giving much of a response.

It's worth giving them a more careful listen, however. That it's become "sort of a thing" could mean there's something about the way you're handling it that doesn't feel so great to them. You might find that negative shadow has more causes than you realized.

Don't Try to Fix What Ain't Broke

Q My younger brother has a lot of social problems. He is awkward and shy, and isn't thought of as a hot commodity as far as girls are concerned. The problem is, my parents want me to magically fix him. They constantly ask me to get him dates with my friends or get him a job at the store where I work. This just won't happen. I love my brother, but I don't see him working in certain jobs or dating certain girls. But my parents can't see that. **NOT GETTING THROUGH**

Wait — wasn't this already solved on "The Brady Bunch"?

It's clear that you all care about your brother very much. So, together you should be able to find a way to help him that doesn't involve transplanting him into a life that just wasn't meant to be.

But to what extent does he need helping? Is he happy with who he is? Talking to your parents about what their real concerns are — and what your perspective is about where he stands — can help get you on the same page. After all, there's a fine line between helping someone who's lonely and miserable, and trying to turn a happily shy person into homecoming king.

By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Yoga in The U.S.A.

Prepare yourself for downward-facing dog domination. Lululemon stores across the country have declared this Saturday to be "Salutation Nation," so between 9 a.m. and 10 a.m. (in every time zone), they'll be hosting free, outdoor yoga classes. The Washington, D.C., edition gets a particularly spectacular backdrop: the White House. RSVP at Lululemon.com and then show up at the Ellipse ready to stretch, bend and strengthen.

First Steps Toward Fitness

A Maryland teen battles obesity (and loses 130 pounds) on a new reality series

Q&A

When 17-year-old Tanisha Mitchell, of Suitland, Md., had her measurements taken on her first day at Wellspring Academy, a weight-loss boarding school in North Carolina, the tape didn't make it around her waist. At 510 pounds, she was the largest student ever to enroll and was so heavy she needed to be driven to the cafeteria, set up on a hill. But just a few months later, she's back home for summer vacation more than 130 pounds lighter.

Her story, along with those of several of her classmates, is the focus of "Too Fat for 15: Fighting Back," a new series debuting Aug. 9 at 8 p.m. on the Style Network. Viewers will see Mitchell attend school dances, play basketball, sled down that giant hill — and even climb up it.

STYLE NETWORK

When Tanisha Mitchell enrolled at Wellspring Academy, she weighed 510 pounds.

"I became overwhelmed when I looked too far ahead. So, I take it one step at a time."

What did you think of the idea of going to Wellspring, all the way in North Carolina?

I was completely against it in the beginning, but my parents felt it would be good for me. It was terrifying. I'd never been away from my family before.

How different was your daily life there from what you were used to?

It was the complete opposite. There was more structure, and every minute was filled with activity.

What did you think when you saw that huge hill to the cafeteria?

That there was no way I'd ever be able to do that. Even after I was moving easier, in my head, I still thought there was no way I could climb that hill. But I did.

What's it like being back at home?

I'm definitely more active than I was. I do an exercise circuit that I know will get me sweating, and I've been doing Pilates and yoga.

How difficult was it to have your struggle chronicled for a TV show?

I'm a private person, and it was difficult to let the cameras in as much as I did. But I know people out there need to see somebody else go through it.

Any advice for other teens in your shoes?

My main thing when I look back is I didn't know where I was weight-wise. First, become aware of what you're eating and what you're doing. It's definitely a big mind thing. I became overwhelmed when I looked too far ahead. So, take it one step at a time. **VICKY HALLETT (EXPRESS)**

MAX COOK

Active Art

Rule the Pool

Art can show up in the darndest places. To prove it, the Washington Project for the Arts (Wpadc.org) is holding **SynchroSwim 2010**, its second-annual synchronized swimming competition, Sunday at the Capitol Skyline Hotel (free; 6 p.m.-7 p.m.; 10 I St. SW).

"It's basically a way for us to show contemporary art in a different way," says Kristina Bilonick, WPA's program director. Five groups will be judged on two- to four-minute sequences set to the music of their choosing. No experience is required, just a great imagination. Last year, some competitors doggie-paddled and pointed, while another group did a routine in kayaks. Costumes and props are crucial to making a splash with the judges, Bilonick says. "The quirkier the better," she advises. **STEPHANIE KANOWITZ**

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fit nutrition

Don't Dillydally

Snap up seasonal varieties of pickled veggies at Urbana

Nibbles

"Bar food" is usually code for greasy, fatty junk. But Amy Troutmiller, assistant general manager at Urbana (2121 P St. NW; 202-956-6662; Urbanadc.com), wants to change that to pickles.

"Ever since I was a child, I've been a fanatic," proclaims Troutmiller, who started pickling her own produce three years ago with a pal. (The name of their joke business? "We're Kind of a Big Dill.") Now she's spreading her passion at work, offering imbibers complementary plates of her pucker-inducing products: purple cauliflower, red and white baby onions, yellow wax beans, multicolored baby carrots and okra. Instead of empty calories, it's practically a full serving of veggies. And although they're a bit salty — gotta keep the customers thirsty — Troutmiller developed a brine that's relatively low in sodium. (The recipe calls on other spices, including pink and black peppercorns and flowering dill.)

The plan is to rotate the offerings by season. After all, "you can pickle almost anything," Troutmiller says. And not that cukes aren't cute, but she hopes to expose customers to more colorful assortments of locally grown goodies.

VICKY HALLETT (EXPRESS)

MARGE ELY/EXPRESS

"You can pickle almost anything."

— **AMY TROUTMILLER,** ASSISTANT GENERAL MANAGER AT URBANA

Recipe File

DOUBLE CHICKEN CLUB WITH SAFFRON AIOLI

AP

Ingredients

- **Pinch of saffron threads, crumbled (4 to 5 threads)**
- **2 teaspoons warm water**
- **1/2 cup reduced-fat mayonnaise**
- **1 tablespoon lemon juice**
- **1 teaspoon Dijon mustard**
- **1 teaspoon minced garlic**
- **Ground black pepper, to taste**
- **6 ounces chicken or turkey bacon**
- **8 slices whole-grain sandwich bread**
- **2 cups arugula or leaf lettuce**
- **8 ounces sliced cooked chicken breast**
- **1 large tomato, sliced**
- **1/2 small avocado, sliced (optional)**

Makes Four Servings

In a small bowl, combine the saffron and warm water. Let stand for five minutes.

In a blender or mini-food processor, combine the saffron mixture, mayonnaise, lemon juice, mustard and garlic, then blend until smooth. Season with pepper to taste. Set aside. The aioli can be stored, covered, in the refrigerator, for up to a week.

Cook the chicken (or turkey) bacon according to package instructions. Toast the bread.

To assemble the sandwiches, spread some of the saffron aioli on each piece of toast. Divide the bacon, sliced chicken breast, arugula (or lettuce), tomato and avocado (if using) among four slices of toast; top with the remaining toast. **(AP)**

398 calories; 172 calories from fat; 19 g fat (4 g saturated; 0 g trans fats); 60 mg cholesterol; 35 g carbohydrate; 24 g protein; 6 g fiber; 1,535 mg sodium.

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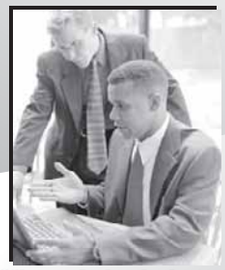

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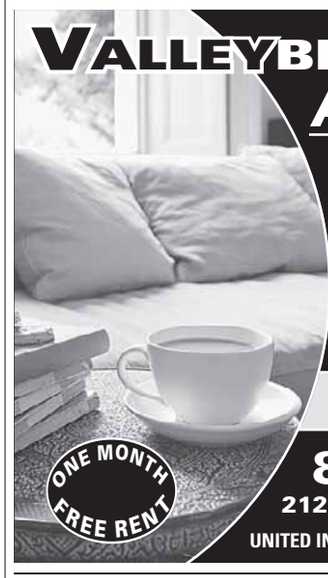
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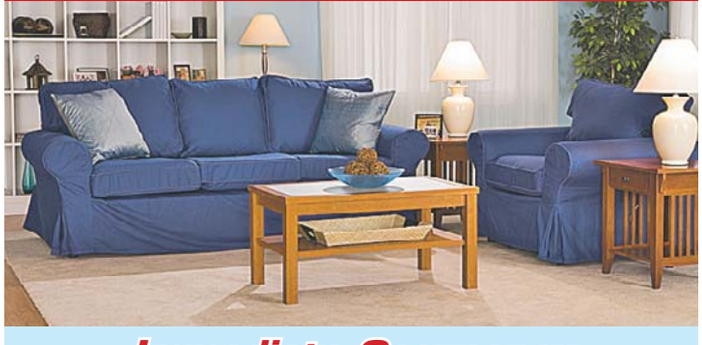

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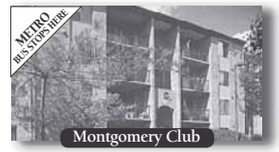

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lookout

Fever Remedy?
Justin Bieber writes a memoir about his eventful 16 years 35

Sound Bets

Enduring Love

I'm encroaching on death. That's a dramatic way of saying today's my birthday, which has me thinking about country songs — specifically Ola Belle Reed's "I've Endured." Granted, her life was harsher than mine: born Aug. 18, 1916, in North Carolina, Reed suffered a stroke in 1987 and was bedridden until her 2002 death.

By Christopher Porter

Reed's family moved to Maryland in 1934 because of the Great Depression, but they brought their Appalachian music with them and helped spread it to the area with the North Carolina Ridge Runners band, organizing the country-music park New River Ranch and running Campbell's Corner store, which sold records and hosted radio broadcasts.

"I've Endured" is on the new Smithsonian Folkways collection "Rising Sun Melodies," which combines Reed's 1976 LP "My Epitaph" and 1978's "All in One Evening" and adds eight unreleased live cuts and a 40-page booklet. The University of Maryland gave Reed an honorary doctorate in 1978, and she was named an NEA National Heritage Fellow in 1986, though such awards weren't needed to understand her artistry and grasp of the human condition. But having closer-to-the-grave birthdays helps.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

Vast, Soulful 'Suburbs'

Arcade Fire's new disc is a sprawling, surprising testament to the band's growth

Album Review

Adolescent angst has always fueled the Arcade Fire's music, from the dead-grandparent song cycle of its immense 2004 debut "Funeral" to the coming-of-age shock of "Neon Bible." But assigning such an obvious teen-angsty name as "The Suburbs" to its new disc flirts with the threat of cliche.

The Suburbs
Arcade Fire

Happily, that threat does not come to bear. "The Suburbs" is indeed a concept album, but it doesn't belabor its point about suburban alienation. Sure, there are far too many shout-outs to "the kids," but it's refreshing to see a serious indie-rock band reach beyond the throngs of hipsters and try to speak directly to everyday teenagers.

Ultimately, it's more useful to think of "The Suburbs" as an album about a successful band coming to terms with its place in the world. Singer and chief songwriter Win Butler has always been an outsider: a native Texan relocated to French-speaking Quebec, married to a woman of Haitian-Canadian descent and playing in an grassroots-minded indie-rock band.

On "The Suburbs," Butler is finding fresh power in his outsider stance, skewering millionaires and modern kids — and worrying that he might be both. This is not simply a step forward for the Arcade Fire, but several flights of stairs straight up.

"The Suburbs" is a more streamlined album than its predecessors, but it's also more adventurous. The band's musical vocabulary has grown as it's abandoned the dark, Springsteen loquacity of "Neon Bible" for a postpunk sound that has more in common with New Order: "Sprawl II (Mountains Beyond Mountains)" rewrites disco as an angsty anthem. "Month of May" cribs a Stooges guitar lick, "Empty Room" re-commissions a Krautrock drumbeat, and "Suburban War" practically quotes the Byrds' 12-string sound. The Arcade Fire fits all these disparate ideas together gorgeously.

"The Suburbs" is almost inevitably too long. But its excesses are excused by its concept: Any album about the suburbs by definition will sprawl. This is a record to immerse yourself in, and the Arcade Fire throws out enough surprises to make the visit thoroughly enthralling. STEPHEN M. DEUSNER

ERIC KAYNE

Win Butler, second from left, leads Arcade Fire through a new album about suburban alienation and adolescent identity crises.

Inspiration

Nostalgic Note

Arcade Fire's Win Butler told NPR that receiving a letter from a friend from his childhood home near Houston gave him ideas for "The Suburbs." Butler's friend sent "a picture of him with his daughter ... at the mall around the corner from where we lived," Butler said. "I found myself trying to remember the town that we grew up in and trying to retrace as much as I could remember." (EXPRESS)

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Compiled by Fiona Zublin. For more upcoming events, follow the Top Stops blog at expressnightout.com/topstops.

expressnightout.com lookout

top stops

1 Grow Up to Be Cowboys

Sometimes we wonder whether Willie Nelson ever wakes up in the middle of the night worrying about his stark dichotomies: cowboy bleeding-heart liberal activist who idealizes the most macho of archetypes. Nah, we figure he just consumes some "herbal tea" and goes back to sleep. You know, to rest up for his concert tonight. ***Wolf Trap's Filene Center, 1551 Trap Road, Vienna, Va.; Tue., 8 p.m., $25-$45; 877-965-3872.***

2 All the Crazy Married People

With every other movie lately being an idiotic romantic comedy, you'd think we'd be tired of any story involving love. Unless maybe said story is smart, funny and profound. Stephen Sondheim's "Company," which is all three, revolves around 35-year-old Robert and his five pairs of married friends, who help him to figure out whether he wants to remain single. ***Little Theatre of Alexandria, 600 Wolfe St., Alexandria; through Sat., $19-$22; 703-683-0496, Thelittletheatre.com. (King Street)***

3 Voicing Dissent

The Maya Indie Series is a traveling film fest that brings independent Latino-themed movies to venues across the United States. We're glad for the opportunity to see "Tropico de Sangre," about sisters in the Dominican Republic who stand up to a dictatorial government. Oh, and one of them is played by Michelle Rodriguez, left. ***E Street Cinema, 555 11th St. NW; through Thu., $7; Mayaindieseries.com (Metro Center)***

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lookout entertainment

VALERIE PHILLIPS

Up-and-coming singer Lissie brings her folksy sound to this year's Lilith Fair.

Onward, Upward

Rising singer Lissie lives out her dream as part of Lilith Fair

Concert Preview

Folk singer-songwriter Lissie has never let her brushes with fame go to her head. Yes, her music was featured on "The O.C." and "House," and, yes, she did open for Lenny Kravitz when he toured to promote his album "It Is Time for a Love Revolution" two years ago. But, she said, each successful step gives her surer footing for the next one.

"Just seeing signs of success makes me more confident," she said. "I don't think there's ever been stars in my eyes because I got to hang out with some famous person."

Her next gig — this year's Lilith Fair, held at Merriweather Post Pavilion on Tuesday — will see Lissie take the same stage as stars such as the Indigo Girls, Sarah McLachlan and the Court Yard Hounds.

"As a teenager, Lilith was a defining moment for me," she said. "I felt anxious in the crowd, thinking, 'I have to do this!'"

So, she did. As a teen, she taught herself guitar. She spent two years at Colorado State University but concentrated on defining her sound, a mix of folk rock, soul, blues and country that she said keeps honesty at its core.

It's doing well internationally: Her 2009 EP, "Why You Runnin'," charted at No. 10 on the U.S. folk charts. Her debut album, "Catching a Tiger," is due out in the U.S. on Aug. 17. **ROXANA HADADI**

● *Merriweather Post Pavilion, 10475 Little Patuxent Parkway, Columbia, Md.; 2:30 p.m., $57-$127; 410-715-5550, Merriweathermusic.com.*

Celebrity Shill

I Tan, Therefore I Am

Teresa Giudice, the bankrupt real housewife of New Jersey, has found employment. "She's the face of our company," says Rob Hornung, owner of the small New Jersey chain Sizzle Tans. "I tan. I spray. And I bring the heat to Jersey," she says in the ad, which is running on 10 channels. Hornung told People.com he plans a series of billboards, too. "She did a really good job shooting the commercial. She spent all day doing it," he added. **(EXPRESS)**

TV tonight lookout

Best Bets

DISC 9:00

Shark Bite Beach This Shark Week special looks back at the summer of 2008, when fear gripped beaches along the coasts of California and Mexico in the wake of multiple shark attacks.

SYFY 9:00

Warehouse 13 In this episode that crosses over with Syfy sister series "Eureka," Douglas Fargo (Neil Grayston) of Eureka's Global Dynamics is sent to Warehouse 13 to help update its computer system.

BRAVO 10:00

The Rachel Zoe Project Rachel, left, parts ways with longtime employee Taylor Jacobson and welcomes a new member to Team Zoe as the team is forced to restructure. Rachel's business expands, helping to turn her dream of becoming a household name into a reality.

A&E 10:00

Growing Up Twisted Shane needs his family's help to film a sketch for his last improv class, but the project hits a snag when a crass clerk at the costume store insults Suzette's physique (hint: The title of this episode is "Are Those Real?"). (TRIBUNE MEDIA)

ITV STUDIOS GLOBAL ENTERTAINMENT

18 TO LIFE

Married, With Parents

CW 9:00

Having failed miserably with the two soul-crushing shows "High Society" and "Fly Girls," the CW offers "18 to Life," a genial romantic comedy produced in Montreal and now in its second season on Canadian television. "18" concerns two 18-year-olds who decide to get married before they enter college, forcing them to combat their parents' resistance to their engagement. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Competition

Big Underdog

As the second season of "Shaq Vs" (9 p.m., ABC) kicks off, Shaq travels to North Carolina's Concord Speedway to race against Dale Earnhardt Jr., NASCAR's most popular driver. Later, Shaq visits D.C. to take on the 15-year-old winner of the Scripps National Spelling Bee. (EXPRESS)

Spanish Classes for Kids & Adults

- *Spanish Academy* - 2-week Spanish summer camp for K-5 grade students, 9am to 5pm on Monday - Friday, from Aug. 16 - Aug. 27, 2010
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INFORMATION TECHNOLOGY

Cisco Certified Network Associate	Aug 28
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CISSP	Sep. 14
Oracle 11g Database Administration	Sep. 27
Certified Hacking Forensic Investigator	Oct. 02
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Sun Certified Java Programmer	Oct. 12
Certified Ethical Hacker	Oct. 26

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Location: Scullen Room, Pangborn Hall (Brookland/CUA Metrorail stop)
R.s.v.p.: Metropolitan@cua.edu, call 202-319-5256, or visit http://metro.cua.edu
Funded in part by a $4.9 million grant from the U.S. Department of Labor, Employment and Training Administration, and the American Reinvestment and Recovery Act.

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Poll Center

Today's Question

SHOULD CONGRESS REQUIRE CITIZENS TO BUY HEALTH INSURANCE OR BE PENALIZED?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Monday's Results

HAVE METRO'S RECENT FARE INCREASES CHANGED THE WAY YOU COMMUTE?

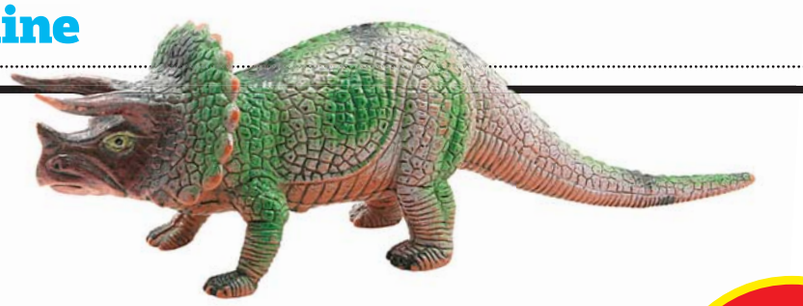
"Unfortunately, I don't really have a viable practical alternative, so they can continue to gouge me."

COMMENTER KEVIN

"I moved to a new position closer to home and far from a Metro stop. Couldn't be happier."

AN ANONYMOUS COMMENTER

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM



"Scientists are now saying the triceratops never existed. First Pluto, now this?!? My childhood was a lie."

— **@GREGGARBO** TWEETS ABOUT A NEW STUDY FROM SCIENTISTS AT MONTANA'S MUSEUM OF THE ROCKIES THAT SAYS THE DINOSAUR WAS ACTUALLY JUST A JUVENILE VERSION OF A TOROSAURUS.

Blog Log

"IN WHAT POSSIBLE reverse PC universe does Fox beat out NPR as a news organization? It's amazing how the mainstream media just bend over backward to prove to conservatives that they're not liberal."

— **AMERICABLOG.COM** FOUND IT A BIT UNNERVING THAT FOX NEWS WILL BE TAKING HELEN THOMAS' VACATED SEAT IN THE WHITE HOUSE PRESS ROOM.

"Is this her way of getting back at Reggie [Bush], or is this the real thing? We think she should have got a baseball player or something. These two athletes still have to play one another on the field."

— **BLEULIFE.COM** REACTS TO SEEING KIM KARDASHIAN AT THE DALLAS COWBOYS' TRAINING CAMP WATCHING HER NEW BOYFRIEND, MILES AUSTIN, SUNDAY.

ALCOHOLISM RUINS LIVES...

...and not just the alcoholic's. If you or someone you know needs help, here's an option: The National Institute on Alcohol Abuse and Alcoholism conducts research studies into alcohol and its effects. Qualified subjects who participate in research will receive in-patient treatment at no charge. For information, please call

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NIAAA
National Institutes of Health
Dept. of Health & Human Services

HEALTHY ADULTS 18-45

VOLUNTEERS NEEDED

The National Institute of Mental Health is conducting an outpatient research study of mild stress and memory at the NIH Clinical Center in Bethesda, MD.

Refer to protocol number 02-M-0003 when you call.

Over a period of 1-3 visits of 1-3 hours each, participants will be interviewed and will complete a series of tasks in which physiological functioning will be recorded. Volunteers must be between the ages of 18-45; medically healthy; and not be taking medications. No cost to participate. Financial compensation provided.

Call for information: **1-800-411-1222**

(TTY: 1-866-411-1010)

National Institute of Mental Health
National Institutes of Health
Department of Health & Human Services
www.clinicaltrials.gov

NIMH
National Institute of Mental Health

puzzles lookout

Horoscope

LEO (July 23-Aug. 22) You may receive news that throws your plans a bit out of whack, but you can recover your equilibrium very soon.

VIRGO (Aug. 23-Sept. 22) You're likely to conflict with another whose work ethic is not up to your usual standards. There may be no easy solution.

LIBRA (Sept. 23-Oct. 22) Before the day is out, you'll come to the realization that not everyone is going to see things as you do and that it's all right with you.

SCORPIO (Oct. 23-Nov. 21) You mustn't let yourself be bullied by someone whose limited experience doesn't warrant any real leverage. Stand your ground.

SAGITTARIUS (Nov. 22-Dec. 21) You may be able to call someone else's bluff and have everything turn out just fine as a result. Timing is everything.

CAPRICORN (Dec. 22-Jan. 19) Take care that you don't start thinking that you're more valuable to a given project than you really are. No one is indispensable right now.

AQUARIUS (Jan. 20-Feb. 18) You may have to look at certain realities in a way that could be distressing — unless you are able to accept them for what they are.

PISCES (Feb. 19-March 20) You may be having trouble getting into a new project after something of a slow start. The energy another brings to the work may be contagious.

ARIES (March 21-April 19) You're not likely to react well to being second-guessed. The second half of the day develops in a way that is more conducive to progress.

TAURUS (April 20-May 20) Your concern for how others feel will be a strength at this time, and you can do much to improve the lives of those who have less than you do.

GEMINI (May 21-June 20) Generosity can prove quite rewarding to you personally at this time; the more you give, the more you are likely to get in return.

CANCER (June 21-July 22) Take care that you don't come on too strong, especially if others seek your professional opinion. Soft-pedal your response.

PostPoints DAILY CODE S I

Scrabble Grams

PAR SCORE 150-160, BEST SCORE 227

								RACK 1
U1	U1	T1	T1	H4	R1	P3		
								RACK 2
E1	E1	U1	F4	N1	R1	C3		
								RACK 3
A1	E1	U1	P3	L1	C3	B3	Triple Word Score	
								RACK 4
A1	E1	O1	G2	D2	F4	C3	2nd Letter Double	

Yesterday's Solution

U1	N1	B3	R1	A1	C3	E1	RACK 1 = 63
T1	R1	I1	N1	I1	T1	Y4	RACK 2 = 70
G2	U1	N1	B3	O1	A1	T1	RACK 3 = 60
I1	N1	D2	U1	C3	T1		RACK 4 = 9
PAR SCORE 145-155							TOTAL 202

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

			5		3			
4								9
3		9				7		6
	7		4		9		8	
	3			1			7	
	8		3		6		1	
1		6				8		7
8								2
			9		5			

Yesterday's Solution

4	5	6	7	9	8	2	3	1
2	3	8	6	1	5	4	9	7
7	9	1	4	3	2	5	6	8
5	8	2	1	6	3	9	7	4
6	1	4	8	7	9	3	5	2
3	7	9	2	5	4	8	1	6
1	2	5	3	4	7	6	8	9
9	4	7	5	8	6	1	2	3
8	6	3	9	2	1	7	4	5

Need more Suldolku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

90 | 76

Today: Partial sunshine, hot and humid today. Increasing clouds tonight.

95 | 77

Tomorrow: A couple of showers and a thunderstorm tomorrow and tomorrow night.

Looking Ahead

THU	FRI	SAT
96 | 78	92 | 69	87 | 68

Sun and Moon
Sunrise today: 6:11 a.m.
Sunset today: 8:17 p.m.
Moonrise today: none
Moonset today: 2:27 p.m.

Almanac
Normal high: 88
Record high: 101
Normal low: 70
Record low: 55

FORECAST BY ACCUWEATHER.COM ©2009

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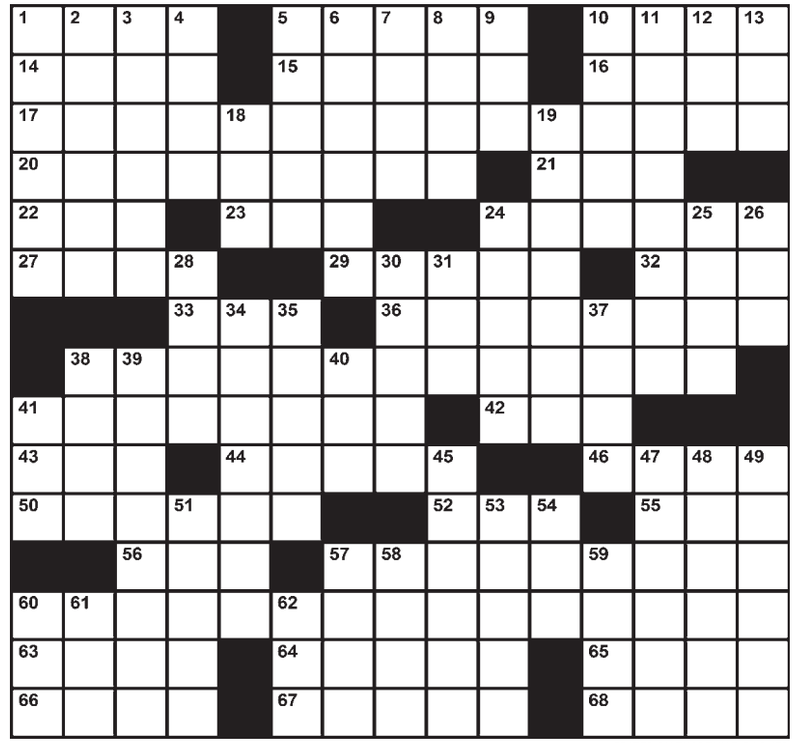
lookout puzzles

Crossword

IN-SPECK-TION TIME



EDITED BY TIMOTHY E. PARKER

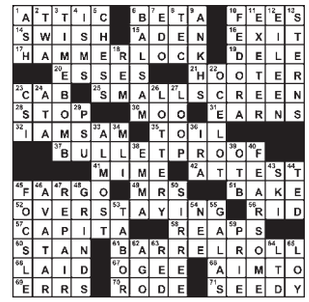
ACROSS

1 Person with a puffy white hat
5 Adhesive
10 "Back to the Future" destination
14 Zeus' sister and spouse
15 They're above sea level
16 Distinctive style
17 Is neither late nor early
20 Undeniable facts
21 The night before Christmas, e.g.
22 "Sesame Street" watcher
23 Mas' men
24 Pastors and priests
27 Zipper alternative
29 Standard of perfection
32 ___ West (inflatable life jacket)
33 Aussie bird
36 Airport area
38 Last straw
41 Seuss' Horton, for one
42 Place to spend the night
43 Drink daintily
44 Not on the level
46 Where the sun rises
50 7UP alternative
52 Blow away, so to speak
55 "For Whom ___ Bell Tolls"
56 Suffix with "organ" or "patriot"
57 National cemetery on the Potomac
60 Conception to delivery
63 Word with "history" or "hygiene"
64 Excessive, as force
65 "Fifteen Miles on the ___ Canal"
66 "Get rid of it," to a proofreader
67 Arrests, in slang
68 ___ one's way (proceed along)

DOWN

1 Pies in the boardroom
2 Immediately afterward, in legalese
3 "Oops!" list, in publishing
4 Flunk out
5 Michelangelo's 1499 marble masterpiece
6 St. Francis' city
7 Blackthorn fruit
8 Bills with Hamilton's portrait
9 Suffix that maximizes
10 Pet ___ (annoyance)
11 City official
12 ___ Paulo
13 You can have a blast with it
18 Red carpet walker
19 Rowdy one
24 Bones affected by typing
25 "Atlas Shrugged" character
26 "That's an affirmative"
28 Chick's chirp
30 "The Divine Comedy" penner
31 A little bit of work
34 Title for Gandhi
35 Authoritative proclamation
37 Botanical climber
38 It might be on one's radar
39 Retaliation
40 Writing fluid
41 Superman's emblem
45 Brownie mix-in
47 Apparel
48 Certain victor
49 Watched over, as a bar
51 Tough fiber for baskets
53 Cleans up a spill
54 180 degrees from WSW
57 Japanese native
58 There are 320 in a mile
59 Got taller
60 In ___ we trust
61 "... ___ he drove out of sight ..."
62 Bath vessel

Yesterday's Solution



Today in History

1492 Christopher Columbus sets sail to find a western sea route to China, India and the fabled gold and spice islands of Asia.

1949 The Basketball Association of America and National Basketball League merge to form the National Basketball Association (NBA).

1996 "The Macarena" begins its reign atop the U.S. pop charts.

express

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people lookout

MESSAGE

Don't Do Drugs and Stay Non-Fabulous, Unknown

Lady Gaga tells Vanity Fair she uses cocaine "a couple of times a year." But "I do not want my fans to ever emulate that or be that way," she says. "I don't want my fans to think they have to be that way to be great." Also: "I have this weird thing that if I sleep with someone they're going to take my creativity from me through my vagina." **(EXPRESS)**

EXPENSIVE

Get-Out-of-Jail-Free Card Included in Attorney Fee

Under a plea deal entered in court Monday, Charlie Sheen got a 30-day jail sentence — which will be served at Promises, a rehab facility in Malibu, Calif., TMZ.com reported — except he gets credit for "time served." That means, since he's already spent time at Promises this year, he will check in on Aug. 23 and immediately leave. **(EXPRESS)**

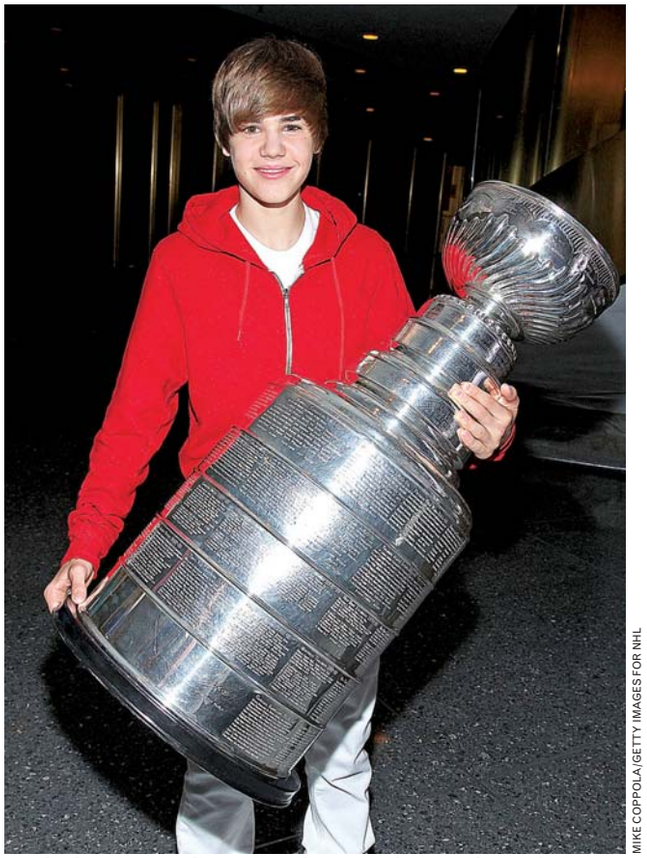
RICCARDO S. SAVI/GETTY IMAGES

Charlie Sheen is a free man, but we can still make fun of his stupid, stupid hat.

Weirdo Watch

Well, He Didn't Marry Her for Her Eloquence

Jeremy London's wife, Melissa Cunningham, told Radaronline.com that London's bizarre kidnapping was "a drug deal gone bad." "I think that I will now do what is right; I am going to have to give [police] a more clear-headed mind now that I can remember," says Cunningham, who is in rehab. **(EXPRESS)**



MIKE COPPOLA/GETTY IMAGES FOR NHL

Justin Bieber comes with an attractive, convenient carrying urn for travel.

FAME

First Step 2 Forgotten

Justin Bieber is writing (or, more likely, "writing") a memoir to be released by HarperCollins in October. "Justin Bieber: First Step 2 Forever: My Story" is both "official" and "illustrated," according to USA Today, which broke the news. It will feature "never-before-seen" photos of the 16-year-old singer. Sadly, it is not yet available for pre-order on Amazon.com. **(EXPRESS)**

HAIR

Lindsay Rushed to Hospital for Emergency Extension Transplant

Lindsay Lohan was released from prison at 1:35 a.m. Monday after serving 14 days of a 90-day sentence. She is now required to begin a three-month stint in rehab. A prosecutor has said that Lohan cannot be released early and will have to spend the entire time in treatment, reportedly at Ronald Reagan UCLA Medical Center. **(AP)**

"There should be a worldwide law ... that mothers should breast-feed their babies for six months."

— **GISELE BUNDCHEN** IS APPALLED BY AMERICAN MOTHERS WHO DO NOT NURSE THEIR INFANTS, SHE TELLS HARPER'S BAZAAR U.K. IN A NEW INTERVIEW.

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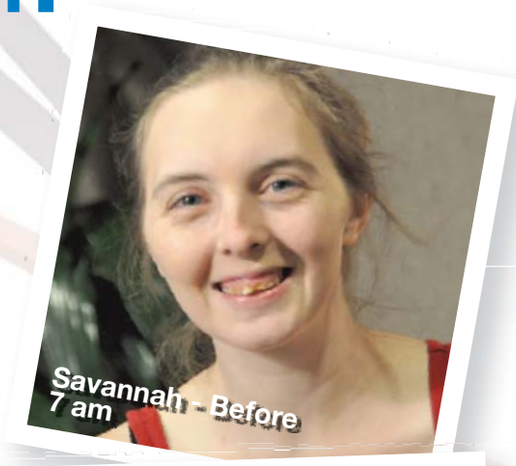

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